Dear Parents,

Congratulations to all of the children who received the Sacrament of Confirmation last weekend. It was a privilege to attend and witness this very special time in their lives. Thanks to Fr. Brendan, all of the families, parish members and staff who assisted with the Sacrament.

On Tuesday evening the Carnival Committee met and preparations are well underway for what is shaping to be a very exciting event. Unfortunately we have lost a committee member due to unforeseen personal circumstances. We would welcome assistance if anyone would like to join the committee, meetings are very well run and occur only once a month. Please phone Michael Locandro on 0439 158 816 if you can assist.

As mentioned in previous newsletters planning for the 2015 school year is well underway and having an accurate indication of school numbers assists enormously. If you know that your circumstances are changing I ask that you please contact the office as soon as possible. If parents have any genuine reasons for class placement requests for next year could you please put them in writing and have them handed to me by Friday the 31st of October. An enormous amount of time and effort is put into the creation of class lists and many factors are taken into consideration by the staff. A written request will be considered on its merits but it is not a guarantee. Who is teaching which grade has not yet been decided so please do not request certain teachers. At Trinity we work on a whole school approach and we are blessed to have a committed teaching staff who collaborate together to give the very best learning opportunities to all the students in our care.

Below are some reminders for parents;

- **Students are not to be at school prior to 8.30am as they are not supervised.** Staff are often in meetings prior to 8.30am or using the time to prepare for the day ahead and therefore are not able to supervise children. We ask that parents please respect the arrival time as it is for the safety of the students.
- All children are expected to be wearing a hat and summer uniform during Term 4. Any child not wearing a hat will be asked to remain in the Quiet Area.
- I ask that parents also observe the traffic signs when driving within the school grounds and please cross your children at the crossing. The teacher's car park is not a drop off area.
- The Camp Information Evening for our 2015 year 5 and 6 parents will be on next Thursday, the 23rd of October. Year 5 at 7.00-7.45pm and Year 6 at 8.00-8.45pm. Details of the camp and payment plans will be discussed at this meeting.
- Our School Production, ‘App-solutely Everybody’, is on Thursday the 30th of October. Tickets are available online. Further information is contained within the newsletter.

Regards,

Simon Dell’Oro
Principal
Year 5/6 Communication Workshops

The Year 5/6 classes have been engaged in 90 minute communication workshops facilitated by Helen Hunt from FMC. The workshops are designed to raise awareness of effective and ineffective modes of communication. They have explored the concepts of assertive, passive and aggressive behaviours and language, and effective ways to communicate their messages. They applied this new knowledge to real life situations through role plays and explored who has the power in social situations when they act in certain ways. They have focused on using ‘I’ statements to explain their feelings and point of view, as opposed to saying ‘you’, thereby apportioning blame to others.

Below are some reflections and learning from the students:

*When you are in a fight with your friends, instead of telling them you did this, you did that, tell them how you feel by saying ‘I feel this way’.*

*I learnt when a friend says a secret or something about someone bullying them or blackmailing them and they tell you not to say anything, they may actually want you to say something to get help.*

*I learnt that conflict can be a good thing because you are telling your friend how you feel, however you have control to handle that conflict in a non aggressive way.*

*From Helen’s session, I’m going to take the useful advice she gave us to tell a trusted adult or teacher or parent if we are being bullied. I learnt about passive, assertive and aggressive behaviour. Passive means being quiet and being afraid to have a say because that person might be feeling they don’t deserve a voice. Aggressive means to have your say and expect everyone to feel the same. Often when a person is aggressive they yell in a rude tone or get into your space. Assertive means to showcase your point of view in a calm and collected way without getting upset or agitated.*

*Someone who is passive will not seem to have an independent will of their own, so that makes them a natural follower, and this type don’t usually stand up for themselves if provoked. This is where the aggressive person kicks in. People who have aggressive as their trait seek to bully passive people and choose to rule by violent, direct means by forcibly ruling others. Lastly, and most importantly, are the assertive types of people who stand up for themselves and the passive people. They use a much more reasonable tone than aggressors. Being assertive means that you are a person who can control a dire situation and someone who is independent yet caring.*

*I learnt that in some situations you need to be passive, aggressive and assertive but its important not to always be the same emotion.*

*I’m going to take my voice to share my ideas and present my research on assertive, passive and aggressive. I’m going to keep an eye out on whether I’m doing too much of that move.*

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2015 PREP PARENT INFORMATION

Thursday 6th November  Parent Information Session to be held at 7.00pm the School Library.

Tuesday 11th November  1st Orientation session
Times  9.15am – 10.15am, 11.30 – 12.30pm, 2.00pm – 3.00pm
Parents will be asked at the Information session to choose one of the above times for the 1st orientation session.

Wednesday 19th November  2nd Orientation session - 9.00am – 10.30am

Thursday 27th November  3rd Orientation session - 9.00am – 10.30am

Please note, we now have three orientation sessions. Not two as previously advised.
SCHOOL FEES

Term 4 accounts have been sent home this week. School fees for Term 4 are $400. This amount and any arrears are to be paid by 10th November 2014. Since it is the end of the school financial year all accounts must be finalised by the above date. If you are leaving Trinity, including all year 6 families, your accounts must be finalised otherwise your debt will be handed to the debt collection agency. If you are having difficulties please make an appointment to see the Principal.

If you wish to pay by Direct Debit, forms are available from the office. Also, Fees can be paid by instalments. These accounts can be paid by Cash, Cheque, Eftpos, BPAY and Direct Debit.

CAMP FEES 2015 for Grades 5 and 6 students will be added onto your account by Monday 20th October.

UNIFORM REMINDER

All students should now be wearing their summer uniform. This includes the school hat. A full list of the uniform for all students is available on our website at www.trinitynarre.catholic.edu.au

OUT OF SCHOOL HOURS CARE

This facility is run by Youth Leadership Victoria Inc and operates Monday to Friday before and after school, over all school holidays and curriculum/student free days.

Sessions are as follows: Before School Care ~ 6.30am—8.45am
After School Care ~ 3.15pm—6.30pm
Holiday Program and Curriculum/Student Free Day ~ 7am—6pm
School Early Dismissal Days ~ until 6.30pm

(PLEASE NOTE: The Holiday Program and Curriculum/Student Free Day is for Trinity Children ONLY).

There is a limited number of places that can be accepted and places are subject to availability. Permanent and Casual bookings are offered at different costs and fees are minus the CCB rate.

For further information please contact Co-ordinators Janice or Michelle on 0419 414 565.
A reminder to Grade 5 parents if you are able to help on the night with the Grade 6 Graduation Dinner on Thursday 11th December please let the ladies in the Office know. Your help would be much appreciated.

2015 School Camps

A letter outlining the School camps for 2015 Year 5 and Year 6 students has been sent home today to all Year 4 and Year 5 families.

We invite all 2014 Year 4 and Year 5 parents to attend a Parent Information evening on Thursday 23rd October.

Times as follows:
- **7.00pm – 7.45pm**  
  Grade 5 2015 Camp to Phillip Island  
  Monday 16th February – Wednesday 18th February 2015
- **8.00pm – 8.45pm**  
  Grade 6 2015 Camp to Canberra  
  Sunday 15th March – Thursday 19th March 2015

The 2015 Grade 4 Camp to Ballarat will be held Thursday 7th May – Friday 8th May 2015. Parents will be advised early next year regarding a Parent Information evening.

A MESSAGE FROM VICTORIA POLICE

Bicycle Thefts

In the Casey Police Service Area, bicycle theft has increased 130% this financial year. Half were from residential locations. The bikes were stolen from the front of the house and were not locked up at the time.

Police Advice:
- Secure your bike with a lock
- Do not leave bikes in the front yard - Move to a secure location out of sight (garage, shed)
- Engrave the underside of the bike frame with the letter V followed by the owner’s/parent’s drivers licence number to assist police in returning located bicycles
As the school year approaches its conclusion, the Annual General Meeting (AGM) for the School Board of Trinity Catholic Primary School will be held on Thursday 20th November, 2014, starting at 7.00pm.

The purpose of the AGM being held in November, is to allow families new to the school during 2014 the opportunity to become involved in the School Board earlier, as well as allowing those Board Members with children leaving the school to complete their period of Board membership in conjunction with their child’s completion of their education at Trinity Catholic Primary School.

Therefore nominations are now being called for the following positions on the School Board.

- 3 Parent Representatives (Two Year position)

The School Board meets every 3rd Thursday of the month (excluding School Holiday periods) at 7.00pm in the School Staffroom. Representatives are elected for a term of two years.

The functions of the School Board are:

- Future Planning
- Developing relationships between the school and its community
- Policy review and development
- Maintaining and developing the facilities and infrastructure of the school.

The School Board has once again been very busy in 2014 working with staff and parents on a number of issues and events. Examples of such issues and events included:

- The Prep and New Family Welcome Night
- Support for the introduction of the 2015 School Carnival
- Discussion of parent concerns raised to the School Board and outcomes reported back to parents
- Building relationships within the parish community

If you would like any further information please do not hesitate to speak to one of the current School Board Parent Representatives as listed in the Newsletter; alternatively email your questions to board@trinitynarre.catholic.edu.au.

If you are interested in being a School Board Parent Representative, please fill out the nomination form and return to the school office by no later than THURSDAY 31st OCTOBER 2014. The nomination forms need to include a short summary outlining your name, grade of your child/children at Trinity and the reason why you would like to become a School Board Parent Representative. Should the number of nominations exceed the number of positions available then a voting form will be sent to all school families and counted by the Returning Officer; these forms will include your reason for nominating.

Thank you
The School Board
Trinity Catholic Primary School Board
PARENT REPRESENTATIVE NOMINATION FORM

To complete this form it must be signed by both the nominee and the nominator.

A nominee is deemed to have read, understood and agrees to abide by the Code of Ethics for the School Board – a copy is available at the School Office. (These must be signed by all new representatives upon election)

Nomination Forms need to be completed and returned to the School Office no later than **THURSDAY 31st OCTOBER, 2014**.

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<td>Nominee (Full Name)</td>
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<td>Nominated by (Full Name)</td>
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<td>Reason for joining the School Board: (In the event of a vote, your reason will be published on the Ballot Form.)</td>
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TICKETS AVAILABLE ONLINE

DATE: 30th October 2014
TIME: 7pm

LOCATION: Robert Blackwood Hall,
Monash University Clayton

To purchase tickets for our school production you need to go to this link:
http://tinyurl.com/Inwhvzc

Ticket prices are as follows: Adult $15 and Child $10

PLEASE NOTE that prams are not allowed in the auditorium. Children sitting on a lap and who don’t take up a seat are free.
App-solutely Everybody!! Important Information

Dress Rehearsal: Thursday 23rd October.
Grades Prep, 1 and 2 and senior actors are allowed to come to school in their costume and will change into their uniform after rehearsal. Grades 3, 4 and senior dancers will get changed into their costume at school. Backstage children do not need to wear costumes on this day. Make-up is unnecessary for the dress rehearsal and is optional for the performance. Please ensure all parts of your child’s costume is labelled with their name and that you supply a clearly labelled bag for your child’s costume to be placed in.

**Note: For organisational purposes, some class teachers have requested that the children bring their costume to school at an earlier date. This is just to show them that the costume is ready.**

Rehearsal Robert Blackwood Hall Thursday 30th October: excursion notice to follow
Each grade level will attend rehearsal at Robert Blackwood Hall at an allocated time during the day. Senior actors and backstage helpers will be required to stay most of the day.

Performance: Thursday 30th October at 7pm
Children are to be there no later than 6:30pm, dressed in costume. Make-up is optional for all performers. Parents are responsible for the application and removal of their child’s make-up. Each Grade will be assigned a particular meeting point where they will meet their teacher and taken into the venue. This meeting point will also be used for parents to pick up their children at the end of the performance.

Tickets are on sale and are available only online. Please see the attached flyer for information.

Photographs: Audience members are not permitted to take photos during the performances. Class photos will be taken of the children on Dress Rehearsal day. These will be available at the office at a minimal cost.

DVD: The production will be filmed by Video Essentials and order forms for the DVD will be made available to you early next term.
Below is a list of costume requirements for all grades. Most of the items will be easily found at home or even at the op-shop. We are not asking parents to go to any great expense to make their child’s costume.

**Prep C**  Yellow t-shirt, any dark coloured bottoms (skirt or pants) runners

**Prep H**  White t-shirt, any dark coloured bottoms (skirt or pants) runners

**Prep N**  Bright green t-shirt, any dark coloured bottoms (skirt or pants) runners

**Grade 1 B**  **Red Horses, Blue Birds, Brown Bears.** Students to wear t-shirt and pants in the colour of your animal.

**Grade 1 J**  **Yellow Bees black stripes, Grey Owls,** Students to wear t-shirt and pants in the colour of your animal.  **Orange Seals** to wear black t-shirts and black pants.

**Grade 1 M**  **Green Fish, Purple Dinosaurs, Black Wolves,** Students to wear t-shirt and pants in the colour of your animal.

**Grade 2 B**  ‘A Friend like You’ student to come dressed in any friends costumes from movies or story eg: Buzz, Woody, Winnie the Pooh.

**Grade 2 G**  Any colour strip t-shirt, any jeans, hat or cap (optional)

**Grade 2 T**  One or more fluoro coloured clothing item eg: t-shirt with other dark clothing eg: black pants, jeans

**Grade 3**  **All students will be a Super Hero** Choose one or more of the following colours: Red, Blue, black, silver, gold

Start with basic top and bottom. e.g. t-shirt (long or short sleeved) and leggings/track suit pants. Girls may wish to add a skirt.

Add symbols/decorations on costume e.g.: stars, lightning bolt, letters (could be the child’s initial or a be-attitude letter)

OPTIONAL EXTRAS: wrist and headbands, cape, gloves, belt, eye masks (securely attached and allowing the child to see clearly).

**Boys** are to perform in runners.  **Girls** will perform in bare feet but will need to bring sandals/thongs to slip on when not performing.

**Grade 4I:**  Reggae-style outfit: colours being green, yellow, red, black. Loose-fitting t-shirts, pants, vests etc. Girls can have their hair plaited. Beanies can be worn. Boys may add dreadlocks to beanies or their hats by plaiting wool OR they may opt for the more the hippie-look!

**Grade 4S:**  Children to dress as their characters.

Stage director, camera people and boom operators may wear black clothing.

Reporters could look a little formal: boys in a tie and shirt or suit if they have one and girls could wear smart/casual dress, skirt etc.

**Grade 4C:**  Children to pick 3 different happy colours. Group 1 to wear something yellow. Group 2 to wear something red. Group 3 to wear something orange

*Students would not have to be entirely in one colour. They could team their happy colour with black or dark blue as a contrast.*
Helping your child to get the sleep they need

We spend around a third of our lives asleep; it's a time when our bodies do lots of growing, repairing and restoring. The early years of life are a peak period for growth and development, and quality sleep is essential.

Supporting kids to get the amount of sleep and the sort of quality sleep they need can help them to be healthier and happier.

We all cycle between deep sleep and light sleep during the night.

In **deep sleep**, essential hormones for growth and development are released and the blood supply to our muscles increases. It is very hard to wake someone when they’re in this cycle. In **light sleep**, our breathing and heart rate are irregular and our body is still. This is also the time when we dream.

The amount of deep sleep and light sleep we need changes with age. Full-term newborns will spend about half of their time in light sleep. By the time children are three, that is reduced to around a third; and by the time they are 13 it’s about 20 per cent.

The length of time spent in each sleep cycle also changes over time. For babies, each cycle will last between 30 and 50 minutes, and these cycles get longer as we get older. In adulthood and adolescence, the cycles last about 90 minutes.

Getting good quality sleep

Lots of different things can make sleep difficult: children can feel anxiety and worry, or they might only fall asleep with a particular person nearby, or with the television on.

As a parent, you will know that when your child hasn’t had a good sleep they can be moody, irritable and cranky. When your child is moody and grumpy, it can make you pretty grumpy too!

A lack of sleep can also affect your child at school. A tired child will struggle to concentrate or follow instructions, and might behave in a restless and disruptive way or just doze off in the middle of the day.

Not getting enough sleep also impacts on your child’s ability to remember, pay attention, react in a timely way, make decisions and act creatively – all essential parts of life and learning.

Supporting your child to get the amount of sleep and the sort of quality sleep they need can help them to be healthier, happier and better learners.

Improving your child’s sleep habits

It’s important to help your child to establish and maintain good sleep habits. Good sleep habits include:

- **a regular bedtime**: for 5 and 6-year-old children, 7.30pm is a good bedtime
- **a regular wake-up time**: having the same or similar bedtime and wake-up time on school days and weekends is important. You can help this time to become part of your child’s routine.
- **avoid caffeine**, especially after 3pm. Not many children drink tea and coffee, but cola drinks, Milo and chocolate also contain caffeine and can have a big effect on your child’s ability to go to sleep and stay asleep.
- ensure your child’s bedroom is **cool, quiet and relatively dark**
- **avoid all stimulating activities** for the hour before bed, such as TV and computer games – both console and handheld devices. It’s a good idea to keep TV and computer games out of the bedroom too.

Some children will have sleep problems that go beyond putting a good sleep routine in place. If you have particular concerns about your child, there are resources available on the Raising Children Network to help you to start to **manage your child’s sleep problems**, or you can talk with your GP.
Gary Lechte Group Music Scholarship 2015

For Year 7 students commencing at St Francis Xavier College in 2015

The Gary Lechte Group Music Scholarship is awarded to a student in Grade 6 (for entry into Year 7) on the basis of an audition, school reports and an interview.

The 2015 Instrumental Music Scholarship is tenable until the completion of the 2015 school year and covers all Instrumental Music Tuition Fees on your choice of instrument.

The successful applicant will be required to perform at the St Francis Xavier College Presentation Night on Thursday November 27, 2014.

Auditions will be held during Term 4 at the Berwick Campus.

Application Forms are available on the College Website and must be received no later than Friday October 31, 2014.

www.sfx.vic.edu.au

If you have any further queries, please contact:
Mrs Patricia Dulude— Head of Performing Arts
9707 3111
pdulude@sfx.vic.edu.au
Items in **bold type** will be school closure days or extremely important dates.

**SCHOOL CALENDAR**

**OCTOBER 2014**

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<td>Gr 6 Photo’s</td>
<td>7 pm School Board Meeting</td>
<td>10.30am First Reconciliation Celebration</td>
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<td>7 pm Carnival committee meeting</td>
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<td>2.15pm Gr 5 Parents grad meeting</td>
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<td>20 Grades 3 &amp; 4 incursion</td>
<td>21 Grades 3 &amp; 4 incursion</td>
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<td>23 Dress Rehearsal Photos</td>
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**NOVEMBER 2014**

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<tr>
<td>3 NO SCHOOL STUDENT FREE DAY</td>
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<td>10 7pm P &amp;F Meeting in the staffroom</td>
<td>11 NO SCHOOL FOR PREPS 2015 Prep Orientation 9.15 11.30 &amp; 2pm 7 pm Carnival committee meeting</td>
<td>12 7pm First Reconciliation Celebration</td>
<td>13 TOM mini tournament and showcase 6.30 — 8.30</td>
<td>14 6pm First Eucharist Celebration</td>
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<td>Gr 4 Excursion to Sports Museum</td>
<td>2015 Prep Orientation 9am — 10.30</td>
<td>20 7pm School Board AGM</td>
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<td>2015 Prep Orientation 9am — 10.30</td>
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<td>6pm First Eucharist Celebration</td>
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<td>11am First Eucharist Celebration</td>
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Happy Birthday to the following children who will celebrate their birthday next week.

- **21st October**: Jade, Zayne and Jade
- **22nd October**: Sienna and Darnell
- **23rd October**: Reese
- **24th October**: Brodie and Vaughan
- **25th October**: Riley and Cameron

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**Canteen Roster**

**Monday—Middle and Senior**

**Friday—Prep and Junior**

**Friday 17th Oct**
- + Naomi Sanchez
  - # Linda Vozza

**Monday 20th Oct**
- + Nina Gore
  - # Leanne Higgins

**Friday 24th Oct**
- + Claudia Sajeba
  - # Daniela Cini

**Monday 27th Oct**
- + Suzanne Wells
  - # Rena Losurdo

**Friday 31st Oct**
- + Carolyn Burge
  - # Connie Bird

**Monday 3rd Nov**
- NO SCHOOL
A reminder to all Parents/Carers, supervision by School Staff begins at 8.30am before school and after school only at the drop off area until 3.30pm.

Please observe and supervise your children, as they play on the equipment.

ABSENCE FROM SCHOOL

In the case of illness a phone call in the morning on the day they are absent.

If you are going on holidays or your child will be away for an extended period you must advise in writing BEFORE you leave.

Thank you.

All parents/Guardians wishing to help in the classroom, canteen or attend excursions MUST have completed the PARENT HELPER WORKSHOP and hold a current WORKING WITH CHILDREN CARD.

Further details are available from the school office. All parent/guardian helpers must sign in at the office before proceeding to the classrooms. Your current Working with Children card must be displayed at all times when working in the classrooms and attending excursions.

TRINITY CAR PARK

- For greater safety and visibility, we are requesting that all drivers reverse park into the marked bays.
- Thank you all who use the pedestrian crossing area. You are demonstrating to your children correct road safety practices. Once children cross the pedestrian crossing into the parking area, they, for their safety, need to be placed into vehicles promptly. The car park is NOT a meeting area.
- The lane around the edge of the car park (closest to the oval) are for vehicles waiting to pick children up from the Pick-up Zone ONLY.
- The two parking bays closest to the office path are the PICK-UP ZONES. These are NO STANDING zones. If your children are not ready to get into your car as you pull up to the pick-up zone, you must continue on and rejoin the end of the pick-up queue.
- There is NO RIGHT TURN when exiting the car park. All vehicles must turn left for the safety of others and to maintain traffic flow.
- THE GATES CLOSE AT 9.00am AND RE-OPEN AT 3.00pm. Occasionally they might re-open slightly later due to school activities.

Thank you for your patience and consideration of others.
WE PRAY FOR: Ms Melany Blackwell (Lily 5PF and Daniel 3MS) whose mother died last Thursday.

PARENTS PAMPERING TIME: You may remember that last term we offered foot massage, a facial or a hand massage for any interested Mothers. Those who came asked that we have another such time this term. So this is just an expression of interest query. If you are interested in such a time please let me know or leave your name at the Office.

SCHOOL UNIFORMS: Thank you to those families who have sent in uniform pieces which their children have out-grown. They are always very welcome. So at present, we have plenty of blue polo tops, yellow polo tops and boy’s shorts. If your daughter has outgrown her summer dresses I would be grateful to receive them.

THANK YOU to those who have sent along plastic bags. I have sufficient for the present. There was no bread available yesterday as I had a funeral to attend. The bread run will be back next Wednesday.

PARENTS TIME FOR QUIET PRAYER CONTINUES ON THURSDAYS FROM 8.45AM UNTIL 9AM IN THE PLAYROOM. ALL ARE VERY WELCOME

GARDEN CLUB: Yesterday we potted up some strawberries for sale on Friday. We are doing very well with our plant sales, thanks to you who support our efforts, having currently raised over $100 for the Carnival Plant Stall next year.

Tomorrow is the INTERNATIONAL DAY for the ERADICATION of POVERTY. I include here the prayer all Presentation Sisters world-wide will be praying: O Christ of the poor and the yearning, kindle in our hearts a flame of love for our neighbour, for foe and for friend, for our kindred all. From the humblest that lives to the Divine Presence that is in all and through all. Kindle in our hearts a flame of love.

We hold in our hearts, those who have been made poor...
- the marginalised
- the forgotten
- those without power
- the hungry
- the homeless
- the sick
- the suffering
- those without work

May we strive always to...
- see them
- hear them
- stand with them
- advocate for them
- and never walk away.

May we live simply, justly and responsibly knowing that in so doing we are choosing life for all.

God of life
May we be enlivened by Your dream in us
For a world in which all people have enough for their daily needs. AMEN
Hi All,

We are already looking towards next year. Our AGM will be held on Dec 1st at 7pm in the Staff Room. Please keep an eye out for the nomination form in next weeks newsletter.

We have a few exciting events to finish the year off.

**Term 4 Events**

*Kids Disco* will be held **Friday 14th Nov 2014**. It has been decided that this will continue to be a free event, and will be split into 2 discos. Prep-2 will be from 5-6pm and 3-6 will be from 6-7pm. Forms will go home at the end of Oct.

*Family Photo Portrait Fundraiser* - Dates have been confirmed as **Nov 22nd and Nov 23rd**. Details are in the flyer attached.

If you would like to book a family photo please call Melissa Moore on 0416025494.
The photographer has guaranteed that the photos will be back before the end of term so you will be able to have them as Christmas presents.

*Baked Potato Day* - **Friday 28th Nov 2014**. This event has always been so much fun for the kids and the parents that help out. Many thanks to the Cerchiaro Family for the donations for the event. It would not run without your support. We are keeping the price the same as previous years, a baked potato and drink (juice or water) will cost $5. Forms will go home in early November for this one also.

**Trinity Business/Trade Directory**

“Linking school families with Trinity family businesses”

If you have a business or trade and would like to advertise online with us please contact Melissa directly at wandmmoore@bigpond.com or 0416025494.

Please take the time to go to the school website and take a look at the business directory.

Did you enjoy the events this year: Prep welcome night, Crocs Play Center, Mother’s/ Father’s day stalls, Trivia night and raffles!!

Trinity requires volunteers to become involved in the P&F Committee to continue to bring the school community together and raise funds for our school facilities for the benefit of our children’s education.

If you would like to become more involved and meet new people from the school community whilst helping out Trinity then please consider joining the P&F Committee. If you wish to nominate for a position please fill in this form and return it to the Office.

All positions are open for nomination.

Nominee (Full Name):

Contact No:

Eldest Child Class:

Nominated Position:

The P&F Committee meet the first Monday evening of the month (excluding school holidays) in the school’s Staffroom at 7pm.

If you are unable to attend the meetings but would like to help out at various events throughout the year please leave your name and contact number with the school office.
Raise $$$ for your organisation and receive a beautiful 8x10 inch family portrait valued at $75.00 when you pay your sitting fee of $15.00.

Where: Trinity Catholic Primary School
103-129 Oakgrove Drive Narre Warren South
9am to 4.30pm
Saturday 22nd and Sunday 23rd November

Here's how it works:
Book a convenient 20 minute time slot by visiting or calling your pre-school/school and paying your $15.00 sitting fee.
On the photography day, the photographer will take as many poses as you wish within your timeslot.
After your photography session, your proofs will be e-mailed to you together with easily affordable price options.
From there you may select your favourite 8x10 inch family photo and packages which can be made up of other photos taken.
Your photos will be sent to your organisation's coordinator for collection.

Book your photo session by calling Melissa on 0416 025 494

*Please note: Your complimentary photo must feature at least one adult. The same person can not feature in two offers.
ST JOHNS PRIMARY SCHOOL
FAMILY FETE

Silent Auction
THOMAS THE TANK
TRAIN
Hot Food
SURF RIDER
White Elephant
Stall
Fruit & Veg
Animal Farm

SURF SHACK SLIDE
Face Painting
Tattoos
Fairy Floss
Popcorn
Snow Cones
Chair O Swing
Sand Jumping Castle
Lucky Dip
MAJOR RAFFLE
Ballroom Dancing
Demonstrations

And Much Much More

Sunday 19th Oct
10am - 3pm
Cnr Salmon St & Station St, KooWeeRup

All Enquires
Please call
Amber Ventura
0417 502 927

Appearing Live
Casey & Adam
Growing Great Kids

‘HOT TOPICS’

‘Hot topics’ are the most requested parenting topics. Sessions are suited to parents and carers of primary aged children. Choose to attend any one or more sessions!

➢ Technology and Our Kids
   When to limit it, and how?
   Monday 27th October 6.30pm – 8.30pm

➢ Tired of Yelling?
   How to get kids to listen, without having to yell
   Monday 10th November 6.30pm – 8.30pm

➢ Dealing with Anger
   Helping parents, helping kids deal with anger and frustration
   Monday 17th November 6.30pm – 8.30pm

➢ Sibling Rivalry
   Strategies for when the fighting, squabbling and arguments get too much!
   Monday 24th November 6.30pm – 8.30pm

- Refreshments provided -

Where: Berwick Neighbourhood House
112 High Street, Berwick

Who: Parents, grandparents, step-parents or carers

Bookings & Enquiries: Sandra Phillips at Parentzone
Ph: 1300 984 011 or 0447 500 355
sandra.kelly@anglicarevic.org.au

— NO COST —
but bookings required for all sessions
Praise, Encouragement and Rewards

No matter how old your children are, your praise and encouragement will help them feel good about themselves. This boosts their self-esteem and confidence. Sometimes rewards can be useful too, especially if you want to encourage good behaviour.

**Praise**

Praise is when you tell your child what you like about her or her behaviour. It goes a long way towards helping your child feel good about herself.

**Descriptive praise** is when you tell your child exactly what it is that you like. For example, ‘I love the way you shared your Lego with your brother just now’. Descriptive praise is best for boosting self-esteem and building good behaviour – when children get praise for behaving well, they’re likely to want to keep behaving well.

You can **praise children of different ages for different things**. You might praise a younger child for leaving the park when asked, or for having a go at tying his own shoelaces. You can praise teenagers for coming home at an agreed time, or for starting homework without being reminded.

**Encouragement**

Encouragement is **praise for effort** – for example, ‘You worked hard on that maths homework’.

Praising effort can encourage your child to try hard in the future. But you can also use encouragement before and during an activity to help your child do the activity or behaviour. For example, ‘Show me how well you can put your toys away’ or ‘I know you’re nervous about the test, but you’ve studied hard. No matter how it turns out, you’ve done your best’.

Some children, especially those who are less confident, need more encouragement than others. Encouragement is particularly important for older children.

**Rewards**

A reward is a consequence of good behaviour. It’s a **way of saying ‘well done’** after your child has done something good or behaved well. It could be a treat, a surprise or an extra privilege.

Rewards can make your praise and encouragement more effective in encouraging good behaviour. Most behaviour is influenced by the consequences that follow it, so when you reward your child’s behaviour, the behaviour is more likely to happen again in the future.

If you’d like to use a structured approach to rewards, you can find more information in our article on **reward charts**.

Sometimes it’s easier to criticise than it is to compliment. Bad behaviour is more obvious than good behaviour – you’re much more likely to notice when your child is yelling than you are to notice when your child is quietly reading a book. Try to pay attention to the good behaviour, too!

**Using praise to change behaviour**

You can use praise as a tool to help change difficult behaviour and replace it with desirable behaviour.
The first step is watching for times when your child behaves the way you want. When you see the desirable behaviour, or another behaviour you like, immediately get your child’s attention.

Then tell your child exactly what you liked about the behaviour. You can praise effort as well as achievement – for example, ‘It’s great how you used words to ask for that toy’. You could even look for ways to reward the desirable behaviour – for example, give your child a high five or special cuddle.

At the beginning, you can praise every time you see the behaviour. When your child starts doing the behaviour more often, you can praise it less.

**Tips for using praise, encouragement and rewards**

- **When you feel good about your child, say so.** See if you can give your child some words of encouragement every day. The small things you say can build up over time to have a big effect on your child.

- **Describe what it is that you like.** This is called ‘descriptive praise’. When you say exactly what you’re happy about, your child knows what you mean. For example, ‘I like the way you’ve organised your room. You’ve found a spot for everything’ or ‘I love the picture you drew. You really know how to put colours together’. And describing what you like is much more genuine and convincing than vague praise such as ‘You’re a good boy’.

- **Praise your child for his strengths.** Children have their own unique set of strengths (and weaknesses). Try to appreciate your child’s good points. Try to avoid comparing one child to another, because this can lead to feelings of resentment or create unrealistic expectations.

- **Encourage good behaviour with praise, rather than pointing out the bad.** This means trying to do more praising than criticising.

- **It takes a lot of praise to outweigh one criticism.** Experts suggest trying to praise children six times for every one time you criticise them.

- **Look for little changes and successes.** If you wait until your child has done something perfectly to give a compliment, you might find yourself waiting forever.

- **Accept that everyone’s different, and love those differences.** Encourage each child to develop and feel excited about particular interests. Help your child develop a sense of pride and confidence in her choices or activities.

- **Surprise your child with a reward for good behaviour.** For example, ‘Thanks for picking up the toys – let’s go to the park to celebrate’ or ‘Thanks for helping me prepare dinner. You can choose what we have for dessert’.

- **Praise effort as well as achievement.** Recognise and praise how hard your child is trying – for example, ‘You worked really hard on that essay’ or ‘Thank you for remembering to hang your coat on the peg’.